

MIDDLETOWN



Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

SEPTEMBER 2016



September is National Senior Center Month!!

Celebrate with us on Friday, September 9th at our day-long Senior Center Celebration. Thank you to our partners in the community for helping to make this day possible.

\$1 per person for the day. Pre-registration is required.

Please only sign-up for the activities you plan to attend. Space is limited.
Raffles and Door Prizes!

9:30am—Breakfast

French Toast, Bacon, Juice, and Coffee

Sponsored, Cooked, and Served by Middletown Kiwanis



10:15am—Craft—Easy Decoupage Chalkboard Plaque

11:00am—Nick's Animal Adventures

Exotic Animal Show featuring 7-10 animals including a kangaroo and monkey

12:00pm—Musical Entertainment with Mike Armentano & Snack Break

Singer / Guitar Player

Snacks Sponsored by Wadsworth Glen, One MacDonough Place, and Apple Rehab

1:00pm—Movie—Singin' in the Rain

1:00pm—Tie-Dye Shirt Making (using alcohol and markers)

2:00pm—Games in the Multi-Purpose Room

4:00pm—Musical Performance

4:30pm—Dinner

Pasta Dinner with Salad and Bread

Sponsored, Cooked, and Served by South Fire District



LET US *carry*
YOUR MESSAGE
TO *Senior*
THE *Community*



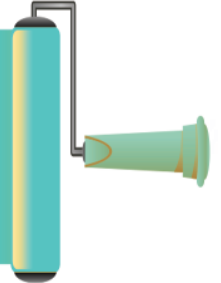
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Military Whist Card Party Thursday, September 15th at 5pm



Light Dinner/Refreshments
will be served from 5-6.

Card party starts promptly at 6pm. No experience required. Limited seating is available, so please pre-register to guarantee your spot!

Raffles and door prizes! No Refunds! This program is open to Ages: 50+ \$6 per person.

THE DOORS WILL NOT OPEN BEFORE 5PM

Fall Lady Katharine Cruise

Wednesday, October 5th

Ages: 50+

Middletown Residents Only



9:30am Check-in at Harbor Park

10:00am Prompt Departure

Sign-ups begin September 1st. General Registration Form needed. This activity fills up quickly. Register early so you don't miss out!



1960's Night Thursday, September 29th 5:30pm \$7 per person

A fun night of music, games, and a classic 60's meal!



Meal will be sloppy joe's, chips, drink, and chocolate fountain/fondue for dessert. An alternative meal (salad with grilled chicken) is available for those who don't eat beef. Please tell the front desk when signing up if you would like the alternative meal. Get ready to party with the 60's satisfaction band! \$7 per person pre-registration. **DOORS WILL NOT OPEN BEFORE 5:15**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY								
<div><div><div>CLOSED FOR THE HOLIDAY</div><div>LABOR DAY</div></div></div>	<div><div>5</div><div>9-3 Massage w/Elaine 9:00 Bus Trip: Mohegan Sun Casino 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie 1:00 Therapeutic Fitness 2:00 Pokeno</div></div>	<div><div>6</div><div>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:30 AARP 3394 Board Meeting 2:00 Guided Tour of Senior & Community Center 4:40 Zumba with Briana</div></div>	<div><div>7</div><div>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:30 AARP 3394 Board Meeting 2:00 Guided Tour of Senior & Community Center 4:40 Zumba with Briana</div></div>	<div><div>8</div><div>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:30 AARP 3394 Board Meeting 2:00 Guided Tour of Senior & Community Center 4:40 Zumba with Briana</div></div>	<div><div>9</div><div>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:30 AARP 3394 Board Meeting 2:00 Guided Tour of Senior & Community Center 4:40 Zumba with Briana</div></div>	<div><div>10</div><div>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:30 AARP 3394 Board Meeting 2:00 Guided Tour of Senior & Community Center 4:40 Zumba with Briana</div></div>	<div><div>11</div><div>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:30 AARP 3394 Board Meeting 2:00 Guided Tour of Senior & Community Center 4:40 Zumba with Briana</div></div>	<div><div>12</div><div>9:00 Exercise 10:15 Tai Chi 12:00 Lunch 12:30 Ceramics 1:00 Middletuners Chorus Practice 1:30-2:45 Dancing for Joy 3:30 Chocolate Milkshakes</div></div>	<div><div>13</div><div>9:00 Bus Trip: Mystic Aquarium 9:30 Zumba (DVD) 10:30 Decoupage Tissue Box Craft w/Heidi 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie 1:00 Therapeutic Fitness 1:30 Pizza & A Movie All Bus Trip Lottery Winners will be notified by 4:30 today</div></div>	<div><div>14</div><div>9-3 Foot Care w/Phyllis 9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:30 AARP 3394 Membership Meeting 4:40 Zumba with Briana</div></div>	<div><div>15</div><div>9:00 Bus Trip: Foxwoods Casino 9:00-12:00 Mahjong 10:00 Exercise 12:00 Lunch 12:00-1:00 Blood Pressure Clinic 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing October Bus Trip Lottery Opens Today Haircut Appointments Open Today</div></div>	<div><div>16</div><div>9:30 Zumba (DVD) 10:00 Haircuts Sponsored by Water's Edge & Euro-American Homecare Conn. In Berlin 10:30 Coffee with Ann 11:00 Volunteer Meeting 11:00 Guided Meditation with Elizabeth 12:00 Lunch</div></div>

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by 4:30 today			1:00 Bingo 1:30 Cribbage 2:00 Rebus Puzzle Mania
	5pm Payments due by noon for October Bus Trip Lottery		
	19 9-3 Massage w/Elaine 9:00 Newport Coach Bus Trip 9:00 Exercise 10:15 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 2:00 September Birthday Party sponsored by Wa- ter's Edge	20 9:00 Bus Trip: Mohegan Sun 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 NO MOVIE TODAY 12:30- AARP Safe Driving Class 12:30 Sing-Along with Barbara 1:00 Therapeutic Fitness 2:00 Bunco 6:30 Civitan Bingo— NO Transportation Available	21 9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 2:30 Peach Pie Social 4:40 Zumba with Briana
		22 9:00 Bus Trip: Big E Fair 9:00-12:00 Mahjong 10:00 Exercise 12:00 Lunch 12:00-1:00 Blood Pressure Clinic 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing 2:00 Match Game	23 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:30 Cribbage 3:00 Earlybird Dinner: Roast Pork
		26 9:00 Exercise 10:15 Tai Chi 12:00 Lunch 12:30 Ceramics 1:00 Middletoners Chorus Practice 1:30-2:45 Dancing for Joy 2:30 September Book Club Meeting	27 9:30 Zumba (DVD) 10:00 Bus Trip: Christmas Tree / CB 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie 1:00 Therapeutic Fitness 2:30 Left, Right, Center Game
		28 9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 2:00 Baking with Ann—Crazy Cake 4:40 Zumba with Briana	29 9:00-12:00 Mahjong 9:30 Bus Trip: Ikea & Fishtale 10:00 Exercise 12:00 Lunch 12:00-1:00 Blood Pressure Clinic 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing 5:30 1960's Night Event—Doors will not open before 5:15
		30 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:30 Cribbage 2:00 Snacks & Scrabble 2:00 Health Con- versation—UTI	

New Zumba Session with Briana starting 9/7. The class will begin at 4:40pm and run for approximately 45 minutes. Space is limited. Pre-registration is required.

Our regular exercise instructor is unavailable for a while. We are looking for a substitute instructor. In the meantime, dvd's will be used.



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(Westbrook Office)
 4 Grove Rd.
 860-669-5305

(East Hampton Office)
 240 Middletown Ave.
 860-295-6440



Chocolate Milkshakes
September 12th at 3:30
 \$1 pre-registration



Match Game
September 22nd at 2pm
 Free, but pre-registration is required. Join us for this hilarious game where contestants try to match panelists by answering fill-in-the-blank questions. Get ready to laugh!

Early Bird Dinner
Friday, September 23rd at 3pm
Roast Pork and Mashed Potato



This month's early bird dinner is roast pork with mashed potato and green beans. \$5 pre-registration required.



Bunco
September 20th 2pm
 \$1 pre-registration required. Prizes and Refreshments!

Decoupage Tissue Box Craft
Tuesday, September 13th 10:30am

This is an easy and fun craft project led by Heidi.


\$3 pre-registration required.

The design possibilities are endless.



Baking with Ann
September 28th at 2pm

This month we are making crazy cake! No eggs, butter, milk, or bowls! \$3 pre-registration required. Take home what you make!



Peach Pie Social w/ Music
September 21st at 2:30pm

Nothing says September like a delicious piece of peach pie. \$2 pre-registration required.




Snacks & Scrabble
Friday, September 30th 2pm

Come alone or come with a group to play this old classic and socialize with friends. FREE



Wacky Pizza & Bowling Party
Thursday, September 8th at 2pm

This fun activity starts with a pizza party and ends with a fun game of giant inflatable bowling in the cafeteria. \$2 pre-registration required.

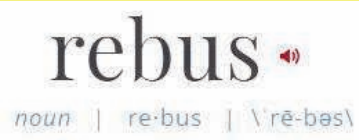


Left, Center, Right Dice Game
Tuesday, September 27th at 2:30pm



\$2 to play. Pre-registration is appreciated.

Rebus Puzzle Mania Friday, September 16th at 2pm



a riddle or puzzle made up of letters, pictures, or symbols whose names sound like the parts or syllables of a word or phrase

Have fun competing in teams against other members to solve rebus puzzles. You're guaranteed a laugh at this activity. No experience needed. \$1 pre-registration required. Sample puzzle:

Water

Swim

Answer: Swim Underwater



**Sing-
Along with
Barbara**

September 20th 12:30-1:30
No experience needed.
FREE

Guided Tour September 7th at 2pm

If you've never been to our new center, we will be offering a guided tour on Wednesday, September 7th. Come in and see all that we have to offer!

Reminder....



The Newport Coach Bus Trip is on September 19th. The bus departs at 9am from Palmer Field. If you can't make it, please let us know. There is a waitlist.



AARP Safe Driving Class

Upcoming Dates:

September 20th and November 21st
12:30-4:30pm. Pre-registration is required.
\$15/AARP members \$20/non-members.
Check made out to: AARP

Health Conversation

Friday, September 30th at 2pm

This month's important health conversation is on Urinary Tract Infections. The conversation is led by the Middletown Health Department. Learn the signs and symptoms of this common infection. **FREE**

Recent Highlights...

- ⇒ *In July—we crowned a new spelling bee champion—Congratulations Mary Ellen Dontigney! We hope to see you back to defend your title in October.*
- ⇒ *We held our first talent show in August. Rockin' Rosie took the 1st place prize. Congrats Rosie!*
- ⇒ *The all-star team of Nancy and Toni Clayton won the August scavenger hunt. Nice work!*



September Birthday Party

Monday, September 19th at 2pm

Celebrating all September birthdays. FREE Sponsored by Water's Edge Center for Health and Rehabilitation.



Civitan Bingo is Back

Note: Transportation is NOT AVAILABLE
We apologize for the inconvenience

Fall Dates:

September 20th, October 25th, and November 29th. Games start at 6:30pm

Enhanced Benefits Checkup

Thursday, September 8th



Do you need help paying for or need information on Medicare pre-

miums, Prescription drugs, Food, Housing, Energy Bills, Property Tax Assistance, Veterans Benefits and other services? Take advantage of a FREE Benefits Checkup!!! Sponsored by Senior Resources Agency on Aging. Call the Senior Center at 860-638-4540 to schedule your appointment. **This is the last Benefits Checkup**



Coffee with Ann—Friday, September 16th at 10:30am. Discuss any suggestions for new activities, bus trips, etc.

Volunteer Club Meeting—Friday, September 16th at 11am. Find out ways you can get involved!



Pizza & A Movie—Concussion

September 13th at 1:30pm

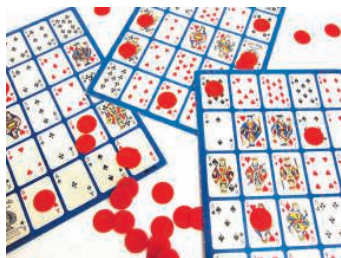
PG-13, Approximately 2hrs and 3 mins long

WILL SMITH
CONCUSSION
HE WILL STOP AT NOTHING TO EXPOSE THE TRUTH



Neuropathologist Dr. Bennet Omalu makes the first discovery of CTE, a football-related brain trauma, and fights for the truth to be known. His emotional quest puts him at dangerous odds with one of the most

powerful – and beloved – institutions in the world, the league that governs the sport. Based on a true story. \$3 pre-registration required. Choice of pizza: cheese, veggie, or sausage.

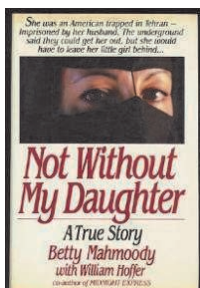


Pokeno
September 6th at 2pm

\$1 pre-registration required. Prizes are grocery items.

September Book Club

Meeting on Monday, September 26th 2:30pm



This month we are reading the true story "Not Without My Daughter" by Betty Mahmoody with William Hoffer. The book is \$3.

Haircuts

Friday, September 16th
10am-12pm



Sponsored by Water's Edge Center for Health and Rehabilitation & Euro-American Connections and Home Care in Berlin. \$3—Appointment Required. **Sign-ups begin on September 1st. Residents only.**



Bus Trips

September

1st– Tanger Outlets Westbrook (10-2:30) \$3
6th– Mohegan Sun Casino (9-3) \$4
8th– Yale Art Museum (9:30-2:30) \$3
13th– Mystic Aquarium (9-3) \$10
15th– Foxwoods Casino (9-3:30) \$4
20th– Mohegan Sun Casino (9-3) \$4
22nd– Big E Fair (9-3) \$12
27th– Christmas Tree Shop & Cracker Barrel Restaurant (10-3pm) \$3
29th– IKEA & Fishtale (9:30-2:30) \$4

October

4th -Foxwoods Casino (9-3:30) \$4
6th -Cracker Barrel/Trader Joe's (10:45-4) \$4
11th -AC Moore/First & Last Tavern (10:30-3) \$3
13th -Mohegan Sun Casino (9-3) \$4
18th -Foxwoods Casino (9-3:30) \$4
20th -Yankee Candle/Chandler's Rest. (9:30-3) \$5
25th -Evergreen Walk (10-3) \$3
27th -Pier 1 & HomeGoods (10-2:30) \$3

Bus Trip Sign Up Procedure

The bus trip lottery is open from 9/1 to 9/9 for October trips. No entries will be accepted after September 9th. All members selected in the lottery will be notified by **September 13th**. Payments are due by noon on **September 15th**. The lottery is only for members who are Middletown Residents.

Recurring Programs/Services

(F) =Free (\$) = Cost Associated

Arthritis Exercise—Thursdays at 12:30pm (F)

Billiards—Anytime (F)

Bingo—Wednesdays & Fridays at 1pm (\$)

Bocce—The bocce court is open first-come first-serve (F)

Blood Pressure Clinic—Thursdays 12:00-1:00
 new time (F)

Book Club—Last Monday of the month (\$ for book)

Cable TV—Anytime (F)

Card Games—Thursdays at 12:30pm

Ceramics—Mondays & Wednesdays at 12:30pm (\$)

Computers—Laptops are available for use anytime (F)

Cribbage—Fridays at 1:30pm (F)

Dancing for Joy—Mondays at 1:30pm (F)

Exercise—Mondays & Wednesdays 9am & Thursdays 10am (F)

Foot Care Clinic—2nd & 4th Wednesday 9am-3pm (\$)

Fun with Yarn—Knitting/Crocheting on Thursdays at 1pm (F)

Hearing Screening—3rd Wednesday of the month 12-1 (F) Sponsored by Beltone N.E.

Lending Library—Anytime (F)

Line Dancing—Thursdays at 2pm (F)

Mahjong—Thursdays 9am-12pm (F)

Massage Therapy— 1st & 3rd Monday 9am-2:30pm (\$)

Meditation—Tuesdays & Fridays at 11am led by Elizabeth (F)

Middletuners Chorus Practice—2nd & 4th Mondays from 1-3pm (F)

Movies—Tuesdays at 12:30pm (F)

Ping Pong—Check Calendar in this newsletter or by request(F)

Reflexology—By appointment (\$)

Reiki—By appointment (\$)

Sing-Alongs—Third Tuesday of the month at 12:30 (F)

Tai Chi—Mondays at 10:15am (\$)

Therapeutic Exercise—Tuesdays at 1:00pm (F)

Yoga—Wednesdays at 10am (\$)

Zumba—Wednesdays at 4:40pm (F) pre-registration needed for 6 week session beg. 9/7

Senior Services Division Contact Information

Monday—Friday 8:30am to 4:30pm

Main Number:	(860) 638-4540	
Fax Number:	(860) 343-5427	
Senior Services E-mail:	Seniors@MiddletownCT.gov	
Senior Services Website:	www.middletownct.gov/seniors	
Acting Director:	Debbie Stanley	(860) 638-4501
Senior Services Manager:	Ann Gregg	(860) 638-4548
Senior Services Coordinator:	Heidi Geores	(860) 638-4541
Senior Services Specialist:	Laura Runte	(860) 638-4542
Municipal Agent / ADA Compliance Officer:	Laura Runte	(860) 638-4542
Clerk (Rec & Community Svcs)	Vacant	(860) 638-4540
Custodian/Program Aide:	John Marion	(860) 638-4540
Night Custodian:	Vacant	(860) 638-4540
Bus Driver:	Mike Rogalsky	(860) 638-4540
Café Manager/Reserve Lunch:	CW Resources (Brian)	(860) 558-5285
Please call by noon the day before		



Lunch Served Daily

Lunch is served daily by CW Resources. Reservations are required at least 24 hours in advance. The suggested donation is \$2 per meal. Please call Brian, our café manager at 860-558-5285 for a reservation.

Transportation (860) 347-3313

Dial-a-Ride— The City of Middletown contracts with Middletown Area Transit to provide door to door transportation service for adults over the age of 60. The fare is \$2 one-way. Appointments for transportation must be made at least 1 day in advance 860-347-3313. An application must be on file with Middletown Area Transit. **Enhanced Dial-A-Ride**—Adults over the age of 60 who would like free transportation to the Senior & Community Center can contact Middletown Area Transit to schedule a ride. Reservations must be made at least 1 day in advance 860-347-3313. Same day requests cannot be guaranteed.

Community Café Free Lunch Winner

Congratulations to Mark Radziwon, our July winner. Enter for a chance to win a free lunch, compliments of CW Resources.

July Brain Teaser Winners

***A copy of the answer is located on the 2nd floor bulletin board**

Sophie Anderson, Marion Baker, Phyllis Biederman, Ida Blumberg, Ralph Blumberg, Gail Burdon, Nancy Clayton, ***Veronica Davis**, Joan Fazzino, Ray Hubbard, Stan Kokoszka, Joan Konareski, Nancy LaChase, Stuart Laribee, Sue Laribee, Winfred Lee, Annabelle Malone, Carlton Maloy, Ann Osora, Michael Puziak, Mark Radziwon, Nancy Rogalsky, Joan Russo, Eloise Skarb, Rosemarie Vecchito, Lynne Wilks, Mary Willoughby

Congratulations to all of our winners. The September brain teaser is located on the last page of this newsletter. Please fill out and return to the front desk. No additional copies will be printed.

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- Volunteer 1 x week, every other week or even monthly
- Older adults living in Middletown in need of grocery shopping assistance
- Criminal Background check and brief orientation required
- Contact **St. Luke's Community Services** for more info. (860) 347-5661
- Download Volunteer application at www.stlukeshome.org

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AVAILABLE**

**Middletown Prime Times
61 Durant Terrace
Middletown, CT 06457**

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September 2016 60+ Brain Teaser

First I threw away the outside and cooked the inside, then I ate the outside and threw away the inside, what did I eat?

Name: _____ **Phone:** _____

One entry per person. Please turn in your entry before the last business day of the month. One winner will be chosen at random from all correct entries on the first business day of October 2016.